



FIRELINE

AN OFFICIAL PUBLICATION OF THE WASHINGTON FIRE COMMISSIONERS ASSOCIATION

JUNE 2009

Tending the Mental Garden

By Sondra Whitt of Purpose Unlimited

According to motivational speaker and author Jim Rohn, “We must all wage an intense, lifelong battle against the constant downward pull. If we relax, the bugs and weeds of negativity will move into the garden and take away everything of value.”

“You cannot take the mild approach to the weeds in your mental garden. You have got to hate weeds enough to kill them. Weeds are not something you handle; weeds are something you devastate.”

Just like in our vegetable and flower gardens, we have to actively stay on top of the weed control and on some days the battle seems to be harder-fought than others. Some days seem to be filled with nothing but cloudy skies and rain—bad news, skyrocketing debts, layoffs, illness, mountains of bills, broken relationships, irritations, sadness, and sleepless nights. On those days, nothing seems to be going like we want it to and it’s easy to let the weeds of negative thoughts take over and cause us to slide right into the compost pit of despair.

“Life, like art, is ever evolving, and what looks good to one person is of no interest to another. And that is what makes life beautiful.”

But we have a saying in Oklahoma about the weather: “If you don’t like it, just wait, it’ll change.” And, like the weather, our feelings are fickle, too. Sometimes all it takes is a bit of good news, a smile from a stranger, a friend’s call, a hug from a loved one and the next thing we know, all is right with the world again. Suddenly we notice that the sun is shining, we get a good night’s sleep and we feel confident and happy again. Things don’t seem so bad after all and we really *can* handle them.

There are also a few things we can actively do to keep the weeds from sprouting. The two most important ways we can guard against mental negativity are to be careful of what we take into our minds and particular about the people we’re around. There are periods of time when I won’t watch or read the news because it’s just too depressing. Or it makes me mad—especially since I know there’s very little or nothing I can do about it. And I spend as little time as possible with toxic people—the ones who *always* find something to gripe and complain about, who try to put me down, or who always put a negative spin on things.

See Garden on Page Five

2009 NAEFO Convention Set

The National Association of Elected Fire Officials will hold its annual convention on September 28-29 at the Golden Nugget in Las Vegas, Nevada.

Tentative program highlights include speaker Bill Webb, Executive Director of the Congressional Fire Services Institute and Jack Snook, President of ESCi.

The brochure outlining detailed program and other convention events will be distributed in early Summer 2009.

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A Message from the President by Bill Gates



My thanks to all 190 of you that attended the May 30 seminar in Chelan. The two sessions dealing with our legislative agenda and impact fees were very well done.

Thanks to our Education Committee, Legislative Committee, the staff in Olympia and our lobbyists for putting it all together. The really neat thing about Chelan was the tremendous amount of participation by everyone there. I'm already looking forward to next year!

But, before that we have our annual conference, October 22-24, in Spokane. The Education Committee will meet in Olympia this month (June 27th) to discuss and make decisions on what seminars/topics to present. If you have any suggestions for topics please tell a member of the Education Committee or get your suggestion to Olympia.

Before I went to Chelan I was in Spokane for two days at the Washington Fire Chiefs' annual conference. There were numerous positive comments made both in their meetings and in one-on-one discussions about the increased amount of communication and collaboration between our two associations.

If you have suggestions for [conference] topics please tell a member of the Education Committee or get your suggestion to Olympia.

One example of this increased communication is between the legislative groups of the two associations (and also with our other fire service partners). Also, we have had two joint Executive Committee meetings this year of the chiefs and commissioners. More regarding these meetings in the August *Fireline*.

I would like to congratulate Chief Tom Fields from North Whatcom Fire & Rescue. He was honored at the chiefs' annual banquet in Spokane with the Chief Dan Packer Fire Chief of the Year Award. Tom was speechless when his name was announced. Congratulations Tom, and thanks for being with us in Chelan, too.

The WFCOA Board met in April in Yakima. We were very impressed with the downtown improvements, the conference center and the large number of guest rooms within a few blocks of the convention center. The Board voted to hold the 2012 annual conference in Yakima—2009 in Spokane, 2010 in Pasco, 2011 in Spokane.

Our next Board meeting is July 11 in Olympia beginning at 12:30 p.m. Let your region representatives or officers know of any items that should be on the agenda.

I hope everyone is enjoying a nice summer with family and friends.

What Does It Mean?

By Jim Lux, WFCOA Health Care Manager

As we go about our daily lives, we see countless articles in our local newspapers or hear references on the news about health care reform. Some of us may read the articles or listen to the news and some of us may not.

The essence of this news is that the health care system is broken, too expensive or unobtainable for too many people. The Washington Fire Commissioners Association's health care program is one of the best programs around so we may not pay much attention to the news. We should be paying attention.

President Obama is on record as

saying the American economy cannot recover without reforming our health care system. At the urging of the President, Congress has placed health care reform on its agenda and intends to pass reform legislation before the end of this calendar year.

The changes necessary to reduce costs, maintain quality health care services and provide medical coverage for all American citizens are likely to affect us all. It is currently unclear how any adopted reforms might affect our program. Just know that it could. I will continue to report on this issue as the legislation moves forward.

ON THE WEB

Is your district prepared to handle pandemic influenza? The Dept. of Health has information on its website (www.doh.wa.gov/panflu/default.htm) to help local governments plan for potential pandemic flu, including web links to the CDC and WHO. Experts anticipate a dramatic rise in the incidence of the H1N1 flu virus this Fall—now is the time to prepare if you have not already done so.



61st Annual Conference

The Washington Fire Commissioners Association's 61st Annual Conference will be held at the Doubletree Hotel in Spokane beginning Thursday, October 22, 2009. Conference will conclude on Saturday afternoon, October 24 at approximately 12:00 p.m. The Education Committee will meet later this month to formalize its proposed class schedule, which will be presented to the Board on July 11 for final approval. If you have input regarding conference classes, please contact the Education Committee through the WFCA office as soon as possible. The following is preliminary information concerning conference—look for more to follow later this summer. If you would like a general schedule of conference events, log onto www.wfca.wa.gov; select *WFCA Programs* in the drop-down menu under the *Education & Training* tab, and view the *Annual Conference General Information* section.

CONFERENCE KICKOFF 2009

The conference will kick off early Thursday morning with a breakfast hosted by WFCA Associate Members Emergency Services Insurance Program (ESIP) and Rice Fergus Miller Architects. Be sure to attend! Opening ceremonies, which include the memorial service and keynote address, will commence after the breakfast (10 a.m.).



COMMISSIONER SERVICE RECOGNITION

The WFCA has a special recognition program honoring commissioners who have served their districts for 10, 15, 20 and 25 years. Commissioners who qualify are recognized at conference and awarded a special gift commemorating their years of dedication to the fire service. NOTE: This program is designed to recognize commissioner service *only*—time served in other capacities within the district does not apply.



EDUCATIONAL PROGRAMS

Conference registration forms will be mailed to all member fire commissioners, secretaries and chiefs in mid-August, following Board approval of the Education Committee's proposed workshop schedule. Registration forms will outline class topics and specific timelines for seminars, business sessions, meals and other conference functions. A separate registration will be mailed for the Snure Seminar which will be held the evening of Wednesday, October 21.

MANAGEMENT EXCELLENCE AWARDS



The Management Excellence Award questionnaires were mailed to districts last month. Be sure to complete and return the questionnaire so that your district can be eligible to win an award at conference. This is a great opportunity to highlight your district's innovative and progressive programs and services. Deadline for entries is July 1.

GUEST ROOM RESERVATIONS

For room reservations, call the Doubletree toll-free reservations number at 1.800.445.8667—the room rate is \$109. When making reservations, be sure to mention you are with the WFCA; reservations deadline is September 30.

BOARD MEMBER ELECTIONS

Elections will be held on Friday, October 23, from 10:30 to 11 a.m., for the officers and odd-numbered regional director positions. If you are interested in serving on the Board, please submit your name to the WFCA Nominating Committee, P.O. Box 134, Olympia, WA 98507, fax 360.664.0415, or email your nomination to wfca@wfca.wa.gov by August 3. For more information about Board responsibilities and qualifications, please see WFCA Bylaws which are posted on the WFCA website (www.wfca.wa.gov, select the *About WFCA* tab, then click *Constitution & Bylaws* in the drop-down menu) or you may contact the association office at 1.800.491.9322 for a copy.

VOTE

MEMORIAL SERVICE



A memorial service will be held at conference for commissioners, secretaries and chiefs who have passed away during the year. If you know of someone who has passed on, please contact the WFCA office. You will be mailed a form requesting information about the deceased so that they may be properly honored at conference. (You may also download the form at www.wfca.wa.gov; select *WFCA Programs* in the drop-down menu under the *Education & Training* tab, and view the *Annual Conference General Information* section.)

Ads

FOR SALE by Clark Fire and Rescue:

Dist has declared the following surplus to its needs. Dist will accept any and all offers for any or all items. Contact Larry Bartel at 360.887.4609 if you desire to make an offer on any item. You may also contact him by email at lbartel@clarkfr.org. Items are where are/as are. If you have a need for any of the items, contact dist. Dist will dispose of all items after July 10. 14 hay hooks, three crash axes, 4 2.5" hose clamps, 3 KBarT extrication tools, 2 2.5" inductors, 2 porta powers (1 w/spreader only & 1 w/spreader & ram—these have not been used for several yrs), 1 5" to 2.5" Wye, 1 5" male to Storz, 6 5" female to Storz, 1 5" double male, 1 5" double female, 3 16" electric Super Vac fans, 3 pumps (Quantum I/C, Honda GXV120, & another) & 2 Hurst Combi tools, some working, some good for parts (call for particulars), pump hose.

FOR SALE by Gray Harbor 11:

- 1984 Ford Model 35C 4X4. Unit has 94,150 miles. Gurney and Siren included if purchased for a Fire or EMS department. Excellent tires, runs good. Unit is sold as is, where is, with no warranty expressed or implied. Can be seen in Grayland, WA by appointment only. Asking price is \$4500.00 OR BEST OFFER.
- 1983 Ford Model 35C AMB EX. Unit has 125,030 miles. Gurney, Light Bar and Siren included if purchased for a Fire or EMS department. Unit is sold as is, where is, with no warranty expressed or implied. Good tires, runs good and dual gas tanks. Can be seen in Grayland, Washington by appointment only. Asking price is \$2500.00 OR BEST OFFER.

Contact Chief Chuck Chafin at graylandfire@yahoo.com or cell 360.581.2804 for further information.

FOR SALE by King 50: The following surplus items are being offered for sale "AS IS" w/no warranty written or implied.

- 1987 Seagrave Fire Engine. Motor

is a Detroit Silver 92 8V92 475 HP; 78,000 mi; 4000 hrs; Allison AT; Waterous 1500 GPM Pump w/500 gal capacity.

- 1985 Seagrave Fire Engine. Motor is a Detroit Silver 92 8V92 475 HP; 139,295 mi; 5144 hrs; Allison AT; Waterous 1500 GPM Pump w/500 gal capacity.
- 1975 Seagrave Fire Engine. Motor is a Detroit 8V71 330 HP; 81,769 mi; 4265 hrs; 5 spd man trans; 1250 GPM Pump w/ 800 gal capacity.
- 3.5" double jacket hose-1200' in 50' sections.
- Scott 2.2 low pressure airpicks w/o pass device.
- Laerdal Heartstart 911; Laerdal Heartstart 3000.

Contact Chief, James Knisley at kcf50@gmail.com for further information.

FOR SALE by Mason 2: Dist has declared "Surplus" & is offering for sale "AS IS" w/no warr written/implied Patches & Pumper by Robotronics. This is a remote control emerg vehicle w/talk & water squirting capabilities, the head turns & eyelids open & close. The cond of unit unknown. It was bought used & then stored for a period of 4 yrs. While in use there was a problem w/voice modulator, eyelids & head turning worked intermittently. Patches & Pumper is an outstanding tool for teaching fire safety. Best offer rec by sealed bid marked Patches and Pumper to MCFD 2, PO Box 277, Belfair, WA 98528. To be opened on July 1 at 1500. For questions/information contact: Capt Scott Cooper, Mason 2, 360.275.6711 Ext. 108.

POSITION ANNOUNCEMENT by Benton 6 (Patterson, WA):

Fire Chief. Benton County Fire District 6 is located in the south central portion of Washington State bordering the Columbia River. Dist covers 267 sq mi w/a pop of 1,000. The Dept has 4 stations & provides both fire & EMS w/ the majority of incidents being medical in nature. The Chief is the only full time employee of the Dist & re-

ports to a 3-Commissioner Board. Dept is staffed w/approx 25 volunteers & 21 pieces of apparatus. The current AV for the District is \$13,692,960.00 w/a budget of \$451,662.00. Exper in pub admin, fire science or related field is preferred. The ideal candidate will possess a min of 5 yrs of supervisory exper in a comparable or larger agency w/the ability to fit into a small community setting. The successful candidate will be required to establish a residence w/i the Dist. For complete job announcement, application, & instructions, email the Dist Sec at bcfpd6@gmail.com or phone 509.786.2528. Applications will close July 31.

POSITION ANNOUNCEMENT by Bothell Fire Department:

Fire Chief. Located 20 min north of Seattle on the north end of beautiful Lake Washington, Bothell has a resident pop of approx 32,000 & a business pop of about 20,000. The Fire Dept provides the citizens of Bothell & Snohomish 10 w/fire suppression svcs, EMS, fire & life safety ed, citywide emerg prep plan & response oversight, fire investigation, annual fire & hazard prev inspec programs & code enforcement. Dept has 54 uniformed & 9 civilian employees; '09-'10 budget is \$18,569,972. Reporting to Dep City Mgr, Chief is response for the mgmt & admin of all fire & EMS svcs & resources. BA degree in pub admin, fire science, bus admin/related field is required. Ideal candidate will possess min of 7-10 yrs' exper in a comparable or larger agency w/extensive exper in a sr mgmt role. Exper can substitute for ed. Apply by June 21 (first review, open til filled). Salary: \$111,192 to \$141,048. For complete job description, appl materials & instructions, visit <http://www.prothman.com/Current.htm> or contact Prothman, 3633 136th Pl SE, Suite 206, Bellevue, WA 98006; humanresources@prothman.com; phone: 206.368.0050; fax: 206.368.0060.

2010 Filing and Election Dates

The following is a schedule of 2010 election dates and preceding resolution deadlines:

Last Business Day to File Resolution w/ County Auditor	Election Date
December 24, 2009	February 9, 2010
March 12, 2010	April 27, 2010
April 2, 2010	May 18, 2010*
May 25, 2010	August 17, 2010 (Primary Election)
August 10, 2010	November 2, 2010 (General Election)

*The May election date is now only for "tax levies that failed previously in that calendar year and new bond issues."

The May election date will only be available in 2010 and 2011.

NAEFO From Page One



The Golden Nugget is located at 129 E. Fremont Street in Las Vegas (89101). A room block has been secured at the Nugget with a special convention rate of \$45 per room, per night (plus applicable taxes). To make reservations, call toll-free 1.800.634.3454 and be sure to mention your affiliation with NAEFO. For more information on the Nugget, log onto www.goldennugget.com.

In the meantime, if you have questions regarding the convention, please contact the association at:

National Association of Elected Fire Officials
148 B Ave., Suite 100, Lake Oswego, OR 97034
Telephone: 503.607.0194 (Office) ~ 877.479.6629 (Toll-free)
503.607.0686 (Fax)

Email: info@naefo.org ~ Website: www.naefo.org
President: Richard Kistler (Thurston 7/WA)
Executive Director: Burton Weast

Garden From Page One

Another way we can keep from having a negative mind-set is to accept the fact that problems are normal. As psychiatrist and author Theodore Rubin said, "The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem."

When we realize problems are normal and that no one is exempt from them, we're more likely to look for solutions. We can also lift our own spirits by doing something good for someone else. It makes us more aware of how good we have it when we see the problems other people are experiencing.

"The greatest degree of inner tranquility comes from the development of love and compassion," said C. S. Lewis. "The more we care for the happiness of others, the greater is our own sense of well-being."

The nice thing about problems and life is that they're every-changing. Rohn says that life isn't like math where there's always just one factual answer based on a specific formula. He compares it to art, "You do not know how it is going to turn out. Life, like art, is always changing. Different people provide different colors. When you make a mistake, you can go back, erase it or even paint right over it. You can change the scenery. Life, like art, is ever evolving, and what looks good to one person is of no interest to another. And that is what makes life beautiful."

We may not always be able to control everything around us nor can we go back in time and do things differently. But we *can* change our thinking—about the past, the present *and* the future—which keep us from letting circumstances fertilize the weeds of negative thinking in our mental garden.

Purpose Unlimited is dedicated to transforming lives, leaders and organizations through the power of purpose. For more information on Sondra Whitt and Purpose Unlimited, visit www.purposeunlimited.com.



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P.O. BOX 134
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(360) 943-3880
1-800-491-WFCA (9322)
FAX (360) 664-0415

WFCA@WFCA.WA.GOV
WWW.WFCA.WA.GOV

LOCATION

605 11TH AVE. S.E.
SUITE 205
OLYMPIA WA 98501

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